

# Mind in Mid Herts

For more information and to book onto any of these courses, you can contact us by:

Email – [admin@mindinmidherts.org.uk](mailto:admin@mindinmidherts.org.uk)

Phone – 03303 208100

## Digital Service

Monday

Wellbeing Group

2pm - 3:30pm

Tuesday

Motivational Group

2:00pm - 3:30pm

Wednesday

Book Club

12:45pm - 1:45pm

Get Set to Go

2pm

Thursday

Peer Support Group

11am - 12:30pm

Friday

Quiz Time

2pm - 3:30pm